

Statistics Report 35155, Blueberries, wild, raw (Alaska Native) [a](#)

Report Date: May 31, 2017 02:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a>	g	85.48	--	--	85.03	85.93	--	--	--	2	Analytical or derived from analytical	--	04/2006
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	255	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein <a href="#">1</a>	g	1.22	--	--	1.06	1.38	--	--	--	2	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.76	--	--	0.65	0.87	--	--	--	2	Analytical or derived from analytical	--	04/2006
Ash <a href="#">1</a> <a href="#">2</a>	g	0.23	--	--	0.2	0.26	--	--	--	2	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	12.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary <a href="#">1</a>	g	2.6	--	--	1.9	3.4	--	--	--	2	Analytical or derived from analytical	--	04/2006
Sugars, total <a href="#">1</a>	g	6.46	--	--	5.64	7.28	--	--	--	2	Analytical or derived from analytical	--	04/2006

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Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.01	--	--	0	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	3.10	--	--	2.71	3.49	--	--	--	2	Analytical or derived from analytical	--	04/2006
Fructose <a href="#">1</a> <a href="#">2</a>	g	3.35	--	--	2.92	3.79	--	--	--	2	Analytical or derived from analytical	--	04/2006
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Starch <a href="#">1</a> <a href="#">2</a>	g	0.00	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	13	--	--	8	18	--	--	--	2	Analytical or derived from analytical	--	04/2006
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	0.37	--	--	0.23	0.5	--	--	--	2	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	7	--	--	6	8	--	--	--	2	Analytical or derived from analytical	--	04/2006

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Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	29	--	--	18	40	--	--	--	2	Analytical or derived from analytical	--	04/2006
Potassium, K <a href="#">1</a> <a href="#">2</a>	mg	75	--	--	74	75	--	--	--	2	Analytical or derived from analytical	--	04/2006
Sodium, Na <a href="#">1</a> <a href="#">2</a>	mg	6	--	--	5	8	--	--	--	2	Analytical or derived from analytical	--	04/2006
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.20	--	--	0.19	0.22	--	--	--	2	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.030	--	--	0.03	0.03	--	--	--	2	Analytical or derived from analytical	--	04/2006
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	2.000	--	--	1.3	2.7	--	--	--	2	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	18.3	--	--	5.9	30.7	--	--	--	2	Analytical or derived from analytical	--	04/2006
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.067	--	--	0.05	0.09	--	--	--	2	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.414	--	--	0.1	0.72	--	--	--	2	Analytical or derived from analytical	--	04/2006
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.597	--	--	0.44	0.76	--	--	--	2	Analytical or derived from analytical	--	04/2006

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Pantothenic acid <a href="#">2</a>	mg	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.026	--	--	0.02	0.03	--	--	--	2	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	33	--	--	11	55	--	--	--	2	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	--	--	0	0	--	--	--	2	Assumed zero	--	04/2006
Folate, food <a href="#">1</a> <a href="#">2</a>	µg	33	--	--	11	55	--	--	--	2	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, beta <a href="#">1</a> <a href="#">2</a>	µg	69	--	--	11	127	--	--	--	2	Analytical or derived from analytical	--	04/2006
Carotene, alpha <a href="#">1</a> <a href="#">2</a>	µg	0	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a>	µg	0	--	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006

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Vitamin A, IU	IU	115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lycopene <a href="#">1</a>	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	1.69	--	--	0.61	2.78	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.01	--	--	0	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.19	--	--	0.06	0.33	--	--	--	2	Analytical or derived from analytical	--	04/2006
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.01	--	--	0	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	17.2	--	--	16.7	17.8	--	--	--	2	Analytical or derived from analytical	--	04/2006
<b>Lipids</b>													
<b>Amino Acids</b>													
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD  
<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

**Footnotes**

<sup>a</sup> The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.